

# Tips to Control Your Cholesterol

High cholesterol and triglyceride levels can lead to heart disease. Talk to your doctor about your risk for heart disease. Have your cholesterol checked and follow these simple changes to keep your cholesterol at normal levels.

# 1

## Are You At Risk?

Understanding your cholesterol numbers helps you to know if you are at risk for heart disease. The way to find out is through a lipid panel, which is a blood test.

Use this chart to learn what a lipid panel measures and what the numbers mean. Add your numbers to the boxes below.

### A Lipid Panel is a Blood Test That Measures:

#### Total Cholesterol

Cholesterol is a soft, waxy, fat-like substance found in the body. Your body uses cholesterol to produce hormones and some vitamins.

### Here is What Your Cholesterol Numbers Mean:

- **Less than 200 mg/dL:** Desirable
- **200-239 mg/dL:** Borderline high  
Depending on your other risk factors, you may be at a higher risk for heart disease.
- **240 mg/dL or higher:** High  
You are at a higher risk for clogged arteries and a heart attack.

Your number \_\_\_\_\_

#### LDL “Bad Cholesterol”

LDL carries cholesterol to your blood vessels, clogging them like rust in a pipe. Remember the L in LDL for “Lousy,” and the “Lower” it is, the better.

- **Less than 100 mg/dL:** Desirable
- **100–129 mg/dL:** Near desirable
- **130–159 mg/dL:** Borderline high
- **160 mg/dL or more:** High

Your number \_\_\_\_\_

#### HDL “Good Cholesterol”

HDL helps clean fat and cholesterol from your blood vessels. Just remember the H in HDL for “Healthy”, and the “Higher” it is, the better.

**Keep this above 40 mg/dL**

Your number \_\_\_\_\_

#### Triglycerides

Triglycerides are another type of fat in the blood. When you eat too many calories, drink alcohol, or smoke, your body makes more triglycerides. When your triglycerides are high, it puts you at increased risk for heart disease.

**Keep this below 150 mg/dL**

Your number \_\_\_\_\_

# 2

## Be A Smart Shopper

Choose foods lower in saturated fat, trans fat, and cholesterol. Here are some shopping ideas:

Choose:	Instead Of:
Chicken breast or drumstick (skin removed before cooking)	Chicken wing or thigh (skin on while cooking)
Pork—ears, neck bone, feet, ham hocks, round, sirloin, loin	Pork—hog maws, lunch meat, vienna sausage, bacon, ribs
Egg whites	Egg yolks
Skim or 1% milk	Whole milk
Vegetable oil (such as canola, safflower, or sesame)	Lard, butter, shortening

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## Modify How You Cook

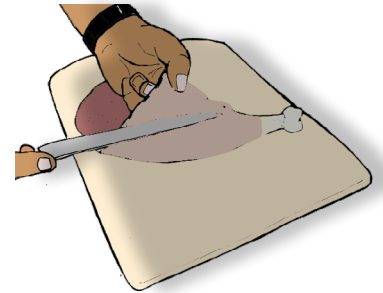
Trim the fat from meat, and remove the skin and fat from chicken and turkey before cooking.

Cook ground meat, drain the fat, and rinse with hot tap water. This removes half the fat.

Cool soups, and remove the layer of fat that rises to the top.

Bake, steam, broil, or grill food instead of frying.

Use oils low in saturated fat, such as canola, safflower, and sesame oil.



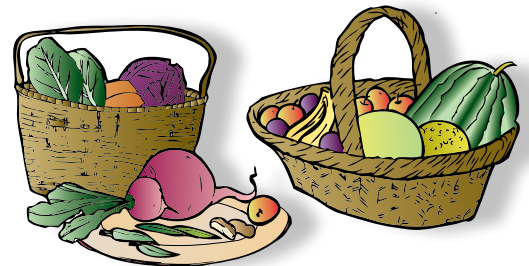
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## Make Healthy Choices

Choose fresh vegetables and fruits instead of high-fat foods like chips or fries.

Use fat-free or low-fat salad dressing, mayonnaise, or sour cream.

Use small amounts of tub margarine instead of butter.



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